

Power-to-Play Trail Mix

Serves 6

Ingredients

- 4 cups of any kind of your favorite dry cereal (try to choose a cereal with 2-5g of fiber per serving)
- ¼ cup roasted peanuts or sunflower seeds (**CAUTION: Do not use nuts if a participant has a peanut allergy.**)
- 1 cup pretzel sticks or twists, or bite-size crackers
- 1 cup dried fruits such as raisins, apples, apricots, dates, pineapple, etc.



Directions

1. Adjust ingredients based on class size.
2. Measure ingredients in a large bowl and mix carefully.
3. Place a serving of the mix into a small sandwich bag for each family

Source: Michigan State University Extension, The Family Bookbag Recipe Card Set